

Self-Care Plan

What do you currently do in each area of wellness?
What else would you like to try?

Areas of Wellness	Current Habits	Habits to Build
Physical Exercise, eating healthy, and sleep		
Spiritual A higher purpose and a meaningful inner life		
Social Life A sense of belonging and connection		
Emotional Health Able to deal with life and being in control of thoughts, feelings, and behaviors		
Environment Able to understand how your health is affected by natural, man-made and social areas		
Finances Able to manage money, plan for the future, and emergencies.”		
Intellectual Valuing lifelong learning and being open to expanding and sharing knowledge		
Occupational Work that provides personal satisfaction that is consistent with your values, goals, and lifestyle		